

# SPIRIT TIMES

Whiteman Air Force Base, Mo.

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Photo by Maj. Joe Della Vedova

A B-2 is refueled by a KC-135 tanker April 11 during last week's inspection.

# Wing receives 'Excellent' rating during 8th Air Force inspection

On April 10-13, the 509th Bomb Wing standardization and evaluation programs for flying operations were inspected by 8th Air Force inspectors.

The inspection visit was the culmination of what was an almost six-month look at how the 509th BW conducts its flying evaluations and ground evaluation and standardization programs.

More than 70 checkrides were conducted over the course of several months. The pur-

pose of these checkrides was to ensure that line pilots are flying in accordance with the standards, and also that the evaluators are standardized and are conducting themselves professionally.

In addition to flying evaluations, 97 aircrew members were tested on general flying knowledge and recorded a 100 percent pass rate on their examinations.

Lt. Col. Mark Duffield, 8th AF standardization and evaluation team chief, recognized this accomplishment as the best seen in two years of inspections.

The inspectors also spent several days looking at all ground programs used to manage and monitor aircrew performance.

Some of these programs included the wing's ability to comply with Major Command and local directives regarding evaluator management, pilot read files, stan/eval board meetings, flight publications, trends, aircrew examinations and briefing facilities.

Lt. Col. Scott Young, 509th Operations Group deputy commander, had high praise for the outcome. "The professional aviators of the operations group did an awesome job during the recent 8th AF stan eval inspection. Of the 49 graded areas, we earned four 'outstandings' and 40 'excellents', with no areas graded unsatisfactory.

"Since we fly two distinctly different jets in the 509th BW, we essentially have two separate stan eval programs to manage; both were rated overall as 'excellent."

both were rated overall as 'excellent.'"
Major Matt Brechwald, chief of 509th
BW standardization and evaluation, was
also extremely pleased with the results.

"This is an inspection which happens once every three years so it requires consistent diligence on the part of all shop chiefs to ensure compliance and continuity during the years between inspections," Major Brechwald said. "The results show that the 509th BW is able to meet those high standards over the long term despite the demands of high operations tempo."

The inspectors provided good feedback in a number of different areas which will help the 509th BW operate more efficiently.

Major Brechwald also recognized the

importance of going through this inspection process.

"Many times it is the preparation for the inspection which polishes up your programs and improves your organization," he said. "This inspection team showed us how we can do some things better even though we have very strong programs. No one enjoys being looked at with a microscope but the process makes us more effective combat aviators."

One final area the inspectors evaluated was operations supervision.

It was recently added to the areas being inspected and overall, the inspection team was extremely impressed with the way the wing looks at risk and how it ensures all pilots are properly qualified in both the T-38 and B-2 aircraft. (Courtesy of the 509th Bomb Wing standardization and evaluation office)

### **Superior performers**

The following individuals were recognized by the 8th Air Force Inspection team as superior performers:

■ Lt. Col. Scott Voskovitch, 394th Combat Training Squadron.

■ Maj. Todd Berge, Detachment 5, 29th Training Systems Squadron.

Maj. Matt Brechwald, 509th Operations Group.

■ Maj. Sean Walker, 509th OG. ■2nd Lt. Chris Branham, 509th OG.

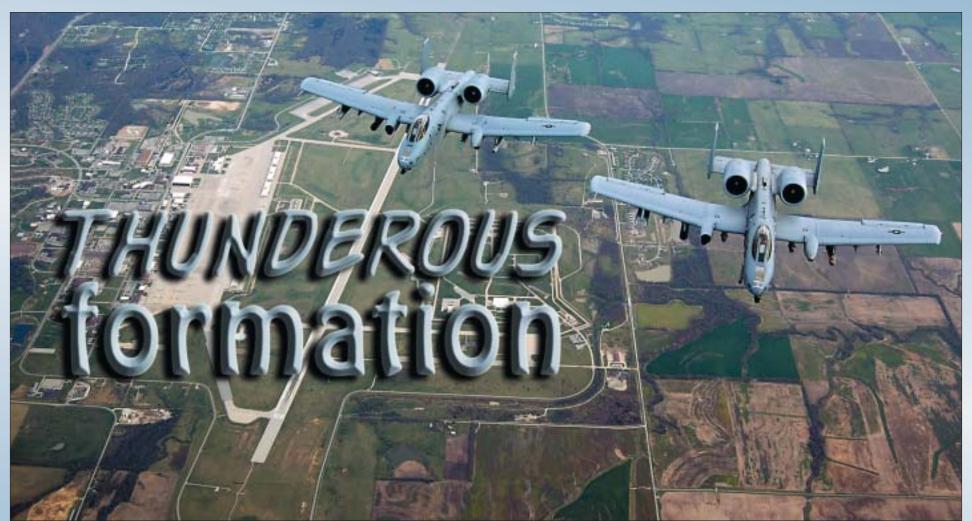


Photo by Maj. Joe Della Vedova

Two 442nd Fighter Wing A-10s fly in formation over Whiteman during a training mission. The aircraft just completed an aerial refueling from a KC-135 tanker from the 459th Air Refueling Wing, Andrews Air Force Base, Md. The tanker provided airlift for a joint 509th Bomb Wing and 442nd FW civic leader tour. For more photos, turn to Page 4.

## SPIRIT TIMES

### **Editorial Staff**

Brig. Gen. Chris Miller 509th Bomb Wing comm Maj. Joe DellaVedova Chief, Public A 2nd Lt. Candace Cutrufo OIC, Internal Infor Chief, Public Affairs Staff Sgt. Rob Hazelett NCOIC Internal Information
Airman 1st Class Jason Burton Editor

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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@white-man.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111 Whiteman AFB, Mo. 65305

### Air Force Quiz

In the Weighted Airmen Promotion System, who do you compete with for promotions? (answer below)

### By Brig. Gen. Chris Miller 509th Bomb Wing commander

### The spirit of our volunteers

We're a nation founded on a strong spirit of volunteerism. From our earliest days, Americans have always come together to do whatever was needed for the public good. Through centuries of change in America, we still answer the call to serve and volunteer.

Earlier this week I was privileged to help recognize some of the more than 600 notable volunteers who do amazing things for the Whiteman community. These folks seem to serve everywhere!

Whether working in the base pharmacy or staffing essential community organizations like the Airman's attic, the tax office, the base thrift shop or a blood drive - volunteers freely give their time to help improve the lives of oth-

Note, I said freely . . . they don't get paid for what they do. If the Air Force were to pay the "going rate" for all the hours our volunteers gave to Whiteman in 2005, it would have cost more than \$900,000.

Despite the value of our volunteers' labor, that's not what's important: what matters is the personal way they help build, sustain and strengthen the community that makes each one of us effective at

accomplishing our unit's mis-

Commander's Corner-

Can't put a price tag on that—but it's huge. Next time you see a volunteer, I encourage you to say "thanks."

### The spirit of Missouri

Here at Whiteman, we enjoy a great connection with our community leaders and neighbors. Our Missouri neighbors—all the way from Kansas City to Jefferson City!—give us tremendous support and welcome us into local schools, shops, churches, neighborhoods and more. Simply put, they treat us as friends.

It's important that we help them understand what their Air Force does and how we do it, so last week the 442nd Fighter Wing and the 509th Bomb Wing hosted more than 25 Missouri civic leaders on a visit that showed them a broader view of America's Air

Force. For two days, a cross-section of our neighbors (who are already familiar with how Whiteman provides combat power) got to see how we bring technology to the warfighter and how our Air Force provides DoD with Global Reach.

At Edwards Air Force Base, Calif., they saw almost every aircraft in our inventory and at McChord Air Force Base, Wash. they got an in-



Photo by Staff Sgt. Rob Hazelet

Staff Sgt. Regina Latham, 509th Maintenance Group, volunteers with Wanda Seward, sexual assault prevention officer, Thursday as they await the signatures of Senior Airman Howard Holland and Airman De'Jhon Willis, 509th MXG. The banner, which was signed at the BX, is for the prevention of violence and sexual assault.

depth view of our mobility mission.

However, the part that impressed these distinguished civic leaders most was your counterparts at those bases: men and women who wear our nation's uniform.

The details of their missions are different from ours, but they are on the same team—they share the same vision of airpower, deploy to meet the same AEF taskings, and train just as hard to do

what the nation asks.

This visit helped remind our Missouri neighbors that we are a nation at war and showed them they have an Air Force committed to winning over the long haul—but that we need *their* support over that long haul, too.

That's a message each of us need to share with fellow Americans, in our own way, every chance we have. Be proud of what you do...it's important.

# Leadership lessons from Charlie Brown

By Lt. Col. Jeffery Johnson

509th Medical Operations Squadron commander

It's Friday morning. I awoke this morning 15 minutes before the alarm was set to go off – yuck—but, being the diligent soul I am, I laid in bed 15 minutes past that, thus getting up when the alarm went off.

I emerged from bed, silent as can be so I wouldn't wake my slumbering spouse, and eased toward our home office to start my day. After my morning devotions and personal journal time, I suited up for medical group Friday morning physical training.

As I step out into the morning air for a run, the fresh air gently blows the scent of new growth trees, flowers, grass and Tyson's® into my face. Ah, it's spring at Whiteman.

So, off I went into the early morning dew and breeze to put in miles for my fitness regimen. As I jogged along, my mind wandered to the thoughts of spring and what this season brings. Invariably, as is my habit as I run, I ponder on leadership, and this morning I consider as well how spring relates to our actions as leaders.

OK, you may ask, "Lt. Col. J, how in the world are you having this deep internal conversation with vourself and not running right into Ike Skelton Lake?" Great question – it does take some doing – I do oftentimes

find myself straying off the trail, which has a tendency to refocus my efforts to not fall and break my neck. However, in this specific instance, the way these thoughts played out I was thinking about Charlie Brown,

the Peanuts® character.

Charlie Brown, the proverbial youth that Murphy's Law was based around. If anything can go wrong, bad, sour or always a step behind, it will invariably happen to Charlie Brown. Yet, even through Charlie's

trials and tribulations, you have to admire his unquenchable and undaunted spirit to carry on. In the midst of my ruminations, especially this morning during

my calisthenics, it is indeed his spirit that has caught my attention.

So what leadership lessons, especially since it is spring, can we learn from Charlie Brown and his adventures? Well, since it's spring, we know Charlie Brown and the Peanuts® gang will be dusting off the baseball diamond to pursue their exploits playing America's favorite pastime.

Once more Charlie will take the pitcher's mound and hurl pitch after pitch with gritted determination that a true leader demonstrates, regardless of the odds. It's that spirit, founded on his hope this is a new season, a clean page, a new field, freshly grown and mown that provides Charlie and his team the opportunity to indeed change history and their lives.

I've just rounded the backside of the

lake, and as I plod along, I can almost see Charlie striding to the pitcher's slab to throw his first series of pitches.

There's the windup, the throw, "SMACK", it's a line drive right back at him! In my mind's eye, I see the frame in slow motion as the ball drills Charlie, turning him topsy-turvy, clothes flying everywhere, and finally there he lays, dazed and wondering what hit him. Yet, that spirit, the drive to improve, helps him pick himself up, regain his composure and try again.

Charlie, when queried by Linus as to how he continued year after year to go to the diamond knowing the outcome was going to be the same, replied: "I just laughed about it, ... I just thought about the greats in baseball. I mean, if you're going to align yourself with somebody, it might as well be champions." Charlie Brown—now that's the spirit.

If we're going to lead others, regardless if it's as a wing commander, group commander, squadron commander, section commander, flight commander or vehicle commander, we'd be wise to follow Charlie's example and align ourselves with 'champions.'

Again, as I look at those I consider my 'champions', my heroes, my mentors, the one connection that consistently comes into focus is their spirit. That internal force of hope, passion, connection to the mission and their people, confidence, compassion, and purpose which springs them forward,

### Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work. Before calling the 9er Line, try to resolve your problem with the responsible base agency.

If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Chris Miller. 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

## Need a Wingman?

Confidential crisis counseling available 24/7. Call the Whiteman Help Hotline: 866-395-4357

Air Force Specialty Code. Only those currently working in your

Air Force Quiz answer

See LEADERSHIP, Page 6

### Newsline

### MedGp changes hours

Effective immediately, the 509th Medical Group will no longer be open on Saturdays.

To access healthcare, call the on-call primary care manager at 660-687-2188. They will advise you on the best course of medical care.

#### Free Car Wash

The Whiteman's Airman's Council is having a free car wash from 9 a.m.-5 p.m. Saturday in the base exchange parking lot.

The car wash is free, however, all donations are welcome and will be put toward the Airman's Summer Bash.

### Finance to close early

The finance customer service counter will close at noon April 28 for a squadron function.

#### **Warrior Run set**

A warrior run begins at 7:15 a.m. April 28 at the S-6 alert facility. Water and Gatorade will be provided.

In conjuction with sexual assault awareness month, SARC representatives will also be available to answer any questions Whiteman members might have.

#### WESC to hold social

The Whiteman Enlisted Spouse's Club will host a social 8 p.m.-midnight April 28 at Mission's End. For tickets, contact Jennifer Phillips at 563-4091.

### Yard waste pick-up

Personnel living in military family housing are required to bag yard waste in brown bags and separate from refuse and recyclables.

Yard waste is scheduled to be picked up on the same day as refuse and recyclables pick-up. Brown bags are available at the self-help store, Bldg. 140.

Čall 687-4173 for more information. Yard waste and refuse will not be picked up if

### CMSU offers free baseball tickets

Central Missouri State University offers free tickets to military ID cardholders and their family members for the CMSU vs. Missouri Western doubleheader Saturday.

The first game begins at 1 p.m. with the second game to follow at the James R. Crane Stadium/Robert N. Tompkins CMSU baseball field.

Tickets are available in the public affairs office, Suite 111, 509th Bomb Wing Headquarters building.

For more details, call public affairs at 687-6123.

### Water tower repairs continue

Work is scheduled to continue on the Knob Noster elevated water storage tank on base. The 509th Civil Engineer Squadron awarded a contract for repairs, cleaning and disinfecting in an effort to continue to provide base consumers with outstanding water quality.

The work is scheduled to continue for up to eight weeks and base consumers are encouraged to conserve water during this time by not watering lawns and washing vehicles sparingly. Though water quality will remain the same, consumers may notice a slight decrease in water pressure.

Please contact the water treatment plant at 687-1984 with questions or concerns.

# Program slashes maintenance time for the B-2 fleet

### By René Boston

Air Force Research Laboratory Space Vehicles Directorate Public Affairs

#### WRIGHT-PATTERSON AIR FORCE BASE, Ohio—

A critical material scale-up problem that directly affected the operational maintainability of the Air Force's B-2 Spirit fleet has been solved, thanks to engineers from the Materials and Manufacturing Directorate, working with the B-2 Systems Group and material processing experts.

Through this effort, Alternate High Frequency Material, or AHFM, configured aircraft have shown much lower maintenance manhours per flight hour and have maintained a fly rate more than double the rest of the fleet.

"To date, four AHFM B-2 bombers have been delivered to the Air Force," said Doug Carter, program manager. "The rest of the fleet will be modified with AHFM progressively as they undergo periodic depot maintenance."

To improve the B-2 fleet mission capability rate, a major effort was initiated by the B-2 System Group to remove tape covering access panel gaps and fasteners and

replace it with AHFM. This material exposes the gaps and fasteners for easy removal and replacement of access panels, without any material restoration required. Successful flight tests demonstrated the effectiveness of the AHFM design, but upon material scale-up for fleetwide implementation, consistent batch-to-batch performance could not be obtained.

Consequently, the fleetwide AHFM implementation was postponed due to the high risk associated with the material performance. With the threat of cancellation, experts from the Manufacturing Technology Division initiated a \$2.8 million AHFM Rapid Response Process Improvement, or RRPI, program within weeks to solve the B-2 System Group's primary maintainability problem. This team rapidly identified AHFM manufacturing problems and implemented solutions.

The successful program gave the B-2 Systems Group and Air Combat Command the confidence to implement AHFM fleet-wide, both increasing mission capability rate and decreasing maintenance manhours per flight-

hour by 50 percent. The program resulted in a significant increase in aircraft availability and cost savings.

"In fact," added Mr. Carter, "AHFM is projected boost the (mission capability) rate by 15 percent, which is equivalent to providing the Air Force with an additional six to seven B-2 aircraft."

In addition, the AHFM RRPI program developed and validated a repeatable manufacturing process that enabled material transition to the B-2 fleet.

Key factors that were inhibiting consistent batch-to-batch production were identified. AHFM was reimplemented within six months of the RRPI initiation. The B-2 Systems Group was able to proceed with fleet-wide implementation.

Production of AHFM-like materials had previously been done in modest quantities by small specialty material manufacturers. Throughout this program, the Manufacturing Technology team demonstrated the capability to manufacture material in large quantities (500-gallon batches) that consistently meet tight performance specifications. This has enabled

the manufacturer to reliably deliver material on-time and on-budget, reducing aircraft downtime.

"This program is just one example of how the Manufacturing Technology program routinely helps the Air Force field advanced capability while simultaneously reducing cost and cycle time," said John Mistretta, chief of the Manufacturing Technology Division.

The AHFM RRPI program enhanced the fleet's high-priority maintainability program and improved material delivery schedule and production cost. The program reduced the material production schedule from 26 weeks to 12 weeks and implemented an improved test method that saves eight days per batch.

Maintenance actions previously requiring a week of aircraft downtime for repair now require as little as 30 minutes. The results of this program have caught the attention of other weapon system program offices.

"Lessons learned from this program are being applied to the production of new weapon systems, thereby saving the Air Force additional dollars," Mr. Carter said.

### Retraining eligible Airmen must comply by May 15

### RANDOLPH AIR FORCE BASE,

**Texas**—To meet the Fiscal 2006 Noncommissioned Officer Retraining Program objectives for 30 undermanned Air Force Specialty Codes, Airmen identified as retraining eligible must complete their retraining packages by May 15.

Nearly 1,100 Airmen who have not completed their administrative requirements face separation if they fail to comply with this Air Force policy.

'It's critical the Air Force balances the enlisted corps across all Air Force specialties to meet its mission requirements," said Maj. Gen. Tony Przybyslawski, Air Force Personnel Center commander here. "The NCO Retraining Program is a vital tool to ensure the Air Force has experienced NCOs serving in all career fields."

Airmen who decline retraining must separate on their current date of separation or when their term of service expires. They are ineligible for promotion, voluntary assignment consideration and reenlistment or extensions for the remainder of their enlistment. Declination may preclude Airmen from enlisting in another service branch or into the Air Force Reserve or Air National Guard. In addition, the Air Force will not score promotion tests for Airmen who tested as of May 15 and declined retraining.

"Airmen must commit to retrain now, because those who wait too long will be separated," said Col. Kurt Pfitzner, chief of the personnel process and development division at AFPC.

The two-phased Fiscal 2006 NCORP is a multi-purpose program designed to rebalance the enlisted force by moving NCOs from career fields with overages to those skills experiencing manpower shortages. It included a voluntary retraining phase that ended in October and an involuntary phase which began Nov. 30 and is still in effect. To date, the Air Force has only retrained 442 Airmen toward the Air Staff goal of 1,069.

For more information regarding retraining policy, Airmen should contact their base military personnel flight or major command retraining office.

# 393rd Bomb Squadron receives new commander

Lt. Col. Paul Tibbets IV, 393rd Bomb Squadron, assumed command from Lt. Col. Steven Basham during a change-of-command ceremony April 13.

**Previous assignment:** 509th Bomb Wing director of staff

Time in service: 17 years Commissioning source: United States Air Force Academy

**Family:** Wife Angelle, daughter Avery (6), and son Paul (4)

**Hobbies:** Reading, photography and spending time

with family

How does the squadron contribute to the Air Force mission? We produce combat aviators ready to fly and fight—ready when called upon no matter what the tasking.

Command philosophy: Take care of the people and they will take care of the mission

Goals for new position: Keep the passion alive for our calling to the profession of arms, promote quality of life, and ensure a proper balance among work, play, physical and spiritual fitness.



Photo by Staff Sgt. Felicia Haecker

Lt. Col. Paul Tibbets IV, 393rd Bomb Squadron (right), takes the 393rd BS guidon from Col. Bob Wheeler, 509th Operations Group commander, during a change-of-command ceremony April 13.



Photo by Maj. Joe Della Vedova

ABOVE: Brig. Gen. Chris Miller, 509th Bomb Wing commander, talks with civic leader tour members before leaving Whiteman in a Reserve KC-135 tanker and going to Edwards Air Force Base, Calif., and McChord Air Force Base, Wash. More than 20 civic leaders, from several communities around Missouri, attended the two-day trip. This tour allowed Whiteman's community members to gain a better understanding of the Air Force through a first-hand look at various missions. LEFT: Civic leader tour participants pose in front of an F-22A at Edwards Air Force Base, Calif.

Photo by Maj. Joe Della Vedova

Civic leader tour members receive an in-depth briefing from Reservists at McChord Air Force Base, Wash., about the C-17's capability to perform aeromedical evacuation missions. This was one of several tour stops exemplifying the close relationship between the active duty and Reserve



Photo by Maj. Joe Della Vedova

Airman 1st Class Mark Walker, 62nd Civil Engineer Squadron Explosive Ordnance Disposal, helps Jean Kuttenkuler, vocational resource educator at Lexington R-V schools, put on the EOD-8 bomb suit. This bomb suit is used whenever an EOD member has to inspect a suspect item. This was one of many displays to show the civic leaders specific areas of the Air Force. The civic leaders also participated in a mock deployment where they where processed through a deployment line, received dog tags and a mission briefing. After this, they went on a simulated convoy, and went through a mock attack.

# Celebrating the world of the child

By Darryl R. Haslam

509th Medical Operations Squadron

How many of us can recall our earlier years when, as children, we held the world in wonderment? When spring flowers and the clouds racing across the sky were singular events? How many of us can remember collecting fall leaves and marveling how they could change colors so magically? Many adults may, even now, long for those simpler days when the world was full of hope and innocence.

Now that we have grown up and are headlong on the fast track we call "life" how frequently do we stop to appreciate the simple joys in the world seen through the eyes of our children? How often do we stop to respect them as the future leaders of our

Due to its theme, April is a fitting time to honor the world of the child and pause to see life from their eyes \_ and to make sure that the world they see is one that provides them safety and nurturance, one where they feel the love and appreciation they deserve. They are not our possessions, they are our future stewards. I was amused once by a bumper sticker that said, "Be good to your children . . someday, they'll choose your nursing

Unfortunately, as parents, it is so easy to develop negative cycles with our children and forget how special they are to us. We have to rush throughout the day to get them to various appointments, such as daycare, sports, various lessons, scouts, get dinners prepared, get homework done and to be in bed by a reasonable time. As such, it is easy for our patience to grow thin with them, as they often do not comply with our busy schedules the way we would like.

At these times of impatience, we may say things like "I can't stand you!" "Act your age!" or "Stop being a baby!" In essence, we are insisting that our children stop acting like children and . . . for the lack of better words, act like little adults. We often forget what it was like when we had so little power in our lives and were dependent on others

for our survival.

Below are some suggestions, drawn from my training and clinical experience as a child and family therapist, that may help parents appreciate their children more this month—and maybe help them remember

again how special they are to us.

Value our kids' perspectives: Take time to appreciate and be sensitive to the lens that our children see their world through. When children are upset by seemingly small things, take the time to validate and show concern for their pain. Teach them to move on but without discounting the sadness they hold for the issue at hand.

I had a 3-year-old niece once who scraped up her knee in a parking lot. She came to me for comfort and as I sat her on my knee, I asked her detailed questions about what happened and exactly where she was when she fell. She very intently shared the details and was glad for my interest. My sister-in-law, observing this interaction, remarked, "Do those details really matter?" I looked up and replied, "They do to her."

■ Be sensitive and respectful to our children's emotions and expressions: Quite often when children are upset at things, we tend to do one of two things: 1) React emotionally back to the child; or 2) Respond with an intellectual answer related to the "logic" behind their feelings.

When we react negatively back to them, we can claim no higher ground that they, and so have lost all right to ask them to calm down. We model negative emotional expression ourselves and wonder why they ca "be more grown up" like us. When we respond intellectually, we fail to respond to and validate their actual feelings. They feel like their feelings or expressions are unimportant and should not be shared.

Therefore, instead of reacting negatively or in invalidating ways to our children's emotional expressions, show a little more empathy. We can be both empathic and firm

at the same time

■ Be careful of the messages you send your children regarding their emotional expressions: We often send messages to our children that teach them not to express their feelings openly. We may act critically or negatively when they express their thoughts or feelings. Even when we comfort our children, we may act quickly to shut down their tears or anger because we don't like to see them that way.

While I'm not suggesting that consoling our children is wrong, we need to look at whole pattern of how we respond to our children's expressions. Far too often, one message comes through loud and clear: "Don't express your negative emotions." Perhaps we were taught the same message when we were children and are now

unknowingly passing it on. However, we then wonder why, as teenagers, why they don't want to talk to us anymore or share their troubles, heartaches and struggles with peer influences. Those patterns all started years before \_ when they were children. Instead, make sure to let your children know that you value and respect their feelings, even if you disagree with or

don't see justification for them.

Don't underestimate the power of play: Often times we view children's play in the same light as our own: that of recreation. Since adults in our society often work far too hard and have little time to play, we think that our children should be '

tive" and not play often either.

We may prevent them from playing in lieu of more "worthy" pursuits. If they do play, they often choose less brain-stimulating activities such as TV, movies or computer games. However, spontaneous and imaginative play has very important developmental benefits for children. Not only does it integrate cognitive, social and linguistic centers in their brains, but it has very powerful psychological benefits as well.

■ Parent-child play times: Formal parent-child play times is a way for parents to allow their children the time and ability to play through their stresses while also strengthening the bonds they have with them. Research has shown that parents who have routine play-times with their children see a host of significant emotional benefits for the child and relational ones for the par-

ent-child relationship. Certain ground rules need to be applied. This must be a child-led activity only. Parents are just participants—the children are the directors. That means, don't ask a lot of questions or make efforts to change the direction of the play. Let them take the lead the whole time and show acceptance for their expressions. These play-times are comparable to having a heart-to-heart talk with your teenagers but instead with your young children. As parents do this, they will see positive results quickly.

Let's make April a special month for our children. Let's show them how much we care, appreciate, value and respect them. As we do, they will feel better about themselves and have the confidence to grow up in their world in positive ways. So, the next time you are with your children, or any child, don't forget to tell yourself: **kids rock!** 

### **LEADERSHIP**, from Page 2

regardless of success or failure, to strive with all they have to accomplish the task before them.

Charles M. Schulz, the creator of Peanuts®, once commented on Charlie Brown, "He made his own decisions, not doing something just because you have to do it. He had his own sense of purpose." That fits so well with where I was running with this.

Our internal spirit, and this connection with our internal core values, will indeed be reflected in how we live our lives, as well as lead others. I would suggest that it behooves us to stop periodically, and ponder just exactly

what our internal spirit conceptually rests upon.

I believe Charlie, even though he appears to be the epitome of pessimism, truly does have at his core, a spirit filled with hope and eternal expectation for life to get bet-

ter, if he does his best and stays true to himself.

The scriptures tell us you can tell a person's 'root' by

the fruit they bear. Charlie Brown, despite the misadventures that occur, continues to reflect his true core as one with a firm foundation of hope and spirit filled with a conviction of purpose. The 'fruit' he shares with his Peanuts® friends: kindness, gentleness, self-control to mention a few. He is also, regardless of the outcome, true to his 'mission', be it the striving to win their first baseball game in the spring, flying a kite, or kicking a football in the fall.

As I ended my run, I concluded my internal conversation with these self-recommendations: (1) Self-inventory of my internal spirit's focus; (2) Reflection on the 'fruit' my actions bear, again pointing towards the true focus of my internal spirit's core values; (3) Consider readjustments where required; (4) Take appropriate actions accordingly. Will these make a difference in my life? Actually, I think

so. I'll let you know.
In summary, let me use what General Charles de Gaulle

wrote in his book, "The Edge of the Sword": "It is, indeed, an observable fact that all leaders, whether as political figures, prophets, or soldiers, all those who can get the best out of others, have always identified themselves with high ideals, and this has given added scope and strength to their influence. Followed in their lifetime because they stand for greatness of mind rather than self-interest, they are later remembered less for the usefulness of what they have achieved than for the sweep of their endeavors.

Though sometimes reason may condemn them, feeling clothes them in an aura of glory." This quote, for me, brings clearly in focus Charlie Brown, and his lessons of leadership.

leadership.

The obvious outcomes of his efforts may condemn him, yet, the internal spirit and the fruit he bears, clothes him in glory. Let us take heed and hear the unspoken word. Let us go and do likewise.

# • The power to excel

By Mark Mendes

Equal Employment Opportunity specialist

The Computer and Electronic Accommodations Program provides assistive technology accommodations and services to persons with disabilities at the Department of Defense and other federal agencies at no cost to the requesting organization. CAP's mission is to ensure people with disabilities have applied to the information. with disabilities have equal access to the information environment and opportunities in the Department of Defense

and throughout the federal Government.

CAP is now the federal government's centrally funded accommodations program. In October 2000, CAP was granted the authority to provide assistive technology, devices and services to any department or agency in the federal government upon the request of the head of the

agency.

As your partner, CAP provides accommodations for individuals with hearing, visual, dexterity, cognitive and communication disabilities. CAP encourages recruiting, hiring, and retaining people

with disabilities by providing assistive technology and services to insure inclusion and productivity.

By providing accommodations, CAP assists federal government agencies in complying with Federal regulations that require computer and telecommunications systems to be accessible. By teaming with CAP, people with disabilities and their organizations have the power to

excel. CAP customers will work directly with the appropriate experts within each disability team throughout the CAP process. A needs assessment will be conducted and serves as a review of what aspects of the essential job functions

need to be accommodated.

A CAP disability team expert, employee and A CAP disability team expert, employee and supervisor, as appropriate, conduct the assessment. The CAP team works with the employee to research available technology solutions, once the needs assessment is completed. Finding the right solution is a team effort that always includes the person to be accommodated and as appropriate, the

supervisor or computer systems personnel. After completing the needs assessment and identifying the solution, the CAP request form is completed and submitted to the CAP office via mail, fax, web or e-mail. The CAP office then reviews the request form to ensure all necessary information is present and completes the acqui-

sition process to obtain the accommodation.

For further information concerning CAP, contact their office at 703-681-8813 (Voice) or 703-681-0881 (TTY). Additional information is available at CAP's Web site at

www.tricare.osd.mil/cap.

# Thank

What a blessing to have the incredible amount of support provided to our family after

the destruction of our home by a tornado.

The major clean-up effort of picking up debris and finding and packing up any personal items scattered across our yard and field looked like an overwhelmingly large task. However, people started showing up to help, and what seemed like an impossible clean-up task was

finished in two days. This would not have been possible without the continual flow of people showing up to help out. The tornado came through on a Sunday night, and by that Tuesday we had everything moved into our new house on base. There is no way this would have been possible without the help of you, our military family!

Thank you to our military family, our community, and our friends for being there for us and helping in so many ways. It is an amazing feeling to have the support of so many people, and we thank you all!

Mike and Kelley Mitchell



Staff Sgt. Alejandro Rodriguez, 509th Civil Engineer Squadron explosive ordnance disposal, has been named the 2006 Air Combat Command winner of the Vanguard award for his actions during a deployment to Iraq during 28 April – 6 June 2005.

The Vanguard award, which is sponsored annually by the Non-Commissioned Officers

Association, recognizes an NCO from each uniformed service for acts of heroism that resulted in saving lives or the prevention of serious injury.

Sergeant Rodriguez' decisive brave actions took place near Bayji, Iraq. He, along with his four-man team and an Army quick response force, which consisted of three M1 tanks, a Heavy Expanded Mobility Tactical Truck and an up-armored High Mobility Multi-Purpose Vehicle, were providing the Army with EOD support.

The team was part of a convoy sent in to destroy a large weapons cache south of their forward operating base, and Sergeant Rodriguez was the driver.

Without notice, a vehicle-borne improvised explosive device, or car bomb, det-

onated next to the HEMMT traveling behind them.

"Sergeant
Rodriguez was watching the vehicle in his
mirror, as the VBIED
threat in that area was
very high," said
Sergeant Michael
Becker, 509 CES
EOD quality assurance and convoy team
member. "When the
vehicle detonated, it
disoriented our entire
team. Sergeant
Rodriguez then shout-

ed 'VBIED!' and pulled the truck over."

Sergeant Rodriguez saw two soldiers

Sergeant Rodriguez saw two soldiers jump from the burning truck, which was

still moving, and it wasn't clear to him if they had been run over by their own truck.

"I don't think I have ever run as fast in my life," Sergeant Rodriguez said. "I ran to the driver first because he seemed the most injured. He was panicking, and I was trying my hardest to keep him calm and keep him from going into shock."

One soldier had a smashed nose, due to his apparent fall from the truck. However, the extent of the other soldier's injuries became more visible once the company medic arrived and began cutting his uniform away.

"The soldier had third degree burns on part of his left leg and left hand. His boots took the majority of the damage, probably saving his foot," said Sergeant Becker, who was recognized with an Army Com-

mendation medal for his actions on the convoy.

Fortunately the soldiers recovered, and one of themsoon crossed paths with Sergeant Rodriguez, who felt a kinship was made when people are put in these types of situations.

"I saw the driver a few days later and I was glad to see him in good shape," Sergeant Rodriguez said. "It feels good to know I was able to help someone after an event like that. As soon as those soldiers were hurt, I knew I was going to do

everything in my power to help them. I know they would have done the same for me."

—Staff Sgt. Michael Becker, 509th Civil Engineer Squardon Explosive Ordnance Disposal—

When the vehicle deto-

nated, it disoriented our

Rodriguez then shouted

'VBIED!' and pulled the

truck over.

entire team. Sergeant



### Airman 1st Class Shawn Moline

509th Maintenance Squadron

Airman 1st Class Shawn Moline, 509th Maintenance Squadron, received the Whiteman Spirit Award April 11 from Col. Eric Single, 509th Bomb Wing vice commander.

Wanda Curtis nominated Airman Moline for the award.

Wanda Curtis nominated Arman Moline
While at a gas station in Warrensburg, Airman Moline
"In fall off of another car. The owner of the noticed a wallet fall off of another car. wallet, Tim Curtis, was filling up with gas before heading home for spring break when he left his wallet lying on the back of his car. By the time Airman Moline got to the wal-

let, Tim had already left.

Airman Moline called a phone number he found in the wallet. That number turned out to be Tim's mother,

Mrs. Curtis.

After Airman Moline explained who he was and how he got her number, he asked Mrs. Curtis if her son had a cell phone so he could return the wallet to her son.

"I explained that Tim was headed home, which was a three hour drive. I told him (Airman Moline) he could have the wallet at Wal Mort and Tim's sister who lives in

leave the wallet at Wal-Mart and Tim's sister, who lives in Sedalia, would pick it up," said Mrs. Curtis.

"I want to thank Shawn Moline for his good deed. I am so thankful that Shawn is an honest person who was willing to take the time to help someone he didn't know. Tim's mom, I just wanted to say thank you from the bottom of my heart."

Time on Station: Two months Time in Service: Eight months Hometown: Alma, Mich.

Spouse: Heather

Hobbies: Playing basketball ,running and spending

time with my beautiful wife

Goals: To score a 90 or above on my career development course end of course test, and to become proficient in my shop

**Best thing about Whiteman:** Working with the most advanced jet around

Pet Peeves: When people take the good things in their lives for granted

What motivates your winning spirit? My wife and friends

### Want to nominate someone?

are nominated for the Whiteman Individuals Spirit Award from their units or by customers impressed with the superior customer service provided by the nominee.

If you know someone who goes above and beyond with a positive, winning attitude, recognize their Whiteman Spirit by submitting nominations to spirit.times@whiteman.af.mil

# Base Chapel A Place to Worship

Building a firm foundation is important in any facet of a military career; it's also vital to the spiritual needs of its people.

The chaplains at Whiteman are led by Chaplain (Lt. Col.) Ronald Underwood 509th Bomb Wing staff chaplain, see to it that Air Force members and their family's needs are met. Whether those needs are physical, emotional or spiritual. "Though all the chaplains are ministers of various Christian denominations, our job is to serve everyone, religious or not," Chaplain Underwood said.

Although chaplains are basically members of the clergy who pray and counsel; they, too, go to war alongside American troops. No matter their church or belief, they pledged to serve the spiritual needs of each faith.

Chaplains are not confined in conducting their services only in the chapel. In fact, they are quite apt at ministering to troops in various locations such as on the flightline and in the dormitories. Yet, their main mission is not only preaching; it's sustaining service members and their families.

"We take pride in the fact that we are available to all for whatever reason they have," Chaplain Underwood said.



Staff Sgt Joseph Laxson NCO in charge



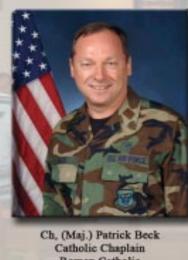
Senior Airman Amy Bowden Chaplain Assistant



Ch, (Lt Col.) Ronald Underwood Wing Chaplain Southern Baptist 509th BW Staff Chaplain



Ch, (Maj.) Bob Phillips Southern Baptist Sr Protestant Chaplain



Roman Catholic 509th Medical Group Chaplain



#### Schedule of services:

Catholic Eucharist is held at 5 p.m. Saturday and 9 a.m. Sunday Protestant services are held at 11 a.m. Sunday The worship services offer children's church programming in the 9 a.m. Catholic Mas and the 11 a.m. Protestant worship service. If interested in attending Jewish and Islamic programs, please call the chapel for more information at 687-3652.



Ch. (Capt.) Richard Beyea Protestant Chaplain Charismatic Episcopalian Flight Line, SFS, LRS Chaplain

### Chaplain Service Facts:

- -- There are 2,200 chaplains and enlisted support people from the active and Air Reserve components serving in the chaplain service.
- -- Chaplains have privileged confidence. Anybody who visits a Chaplain can rest assured that issues discussed won't be divulged with others.
- -- Chaplains are liaisons for commanders. Through nurturing families, Airmen and civilian employees, the Chaplain Service ensures families are kept strong and ready for whatever service is asked of them.
- -- The chaplain service goes where the troops go. Similar services are provided abroad that are available to military members at home.
- In deployed areas, there are no restrictions on the services provided by the chapel staff.
- Chaplains offer regular marriage enrichment events. They also provide pre-marital counseling.
- -The chaplains are here to guarantee the free exercise of religion for all Airmen.
- The base chapel is open 7:30 a.m. 4:30 p.m. Monday Friday. It is closed on unit training exercise days and federal holidays.
- -- For more information about the base chapel please call: 687-3652

### SPIRIT TIMES FRIDAY, APRIL 21, 2006

# **EVENTS/MORALE**

# Team Whiteman Community

### Palace Chase briefing set

A Palace Chase briefing is set for 10 a.m. Tuesday at the deployment center, room 110.

For more information, call Tech. Sgt. Jerry Hancock at 687-4017.

### Become a thespian

Auditions for The Old Schoolhouse Players presentation of "My Fair Lady" are scheduled for 6– 9 p.m. tonight, 1– 6 p.m. Sunday and 9 a.m. – noon and 1:30– 5:30 p.m. April 29. Auditions will be at the Concordia Community Center, located at the corner of 8th Street and Gordon.

Playbooks are available for viewing at the Concordia, Higginsville and Sweet Springs libraries for familiarization with the musical.

For more information, call Lavona Larimore at (660) 463-2402.

# **Family Support**

Call 687-7132 for more details on these family support center activities.

### WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday.

WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs.

For more details, call the WIC office in Warrensburg at 747-2012.

### Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday.

This briefing covers information about preparing for deployment and programs available to family members who are left behind.

Spouses are encouraged to attend.

### Runner's clinic offered by HAWC

The health and wellness center will host a runner's clinic at the base theater 9:30–10:30 a.m. Today. There will be motivational speakers, such as a four-time marathon runner, a physical therapist and an exercise physiologist. Participants will learn techniques and strategies to become better runners, selecting proper shoes, injury avoidance and running safety. For registration and information, contact the HAWC at 687-7662 or the fitness center at 687-5496.



### Class helps with move

A mandatory smooth move seminar for people planning to move stateside in the near future begins at 1 p.m. Thursday. Facilitators will discuss the financial benefits associated with moving and provide a variety of useful resources. PCS orders are not necessary. Spouses are encouraged to attend.

Reservations are required.

### Special at Airman's attic

The Airman's Attic will have an All Ranks Day Monday, Wednesday, and April 28, from 10 a.m. to 2 p.m. each day. Everything is free!

### Informational Social Security Briefing Set

The Warrensburg Social Security Office will present a short informational briefing about the Social Security System May 10 at the Family Support Center.

It will cover topics such as the history, solvency, and benefits of the Social Security Administration, the windfall elimination provision and government pension offset which can sometimes affect civilian retirees

who have paid little into Social Security.

Any military member (active duty or retired), family member or civilian employee is welcomed to attend.

Reservations are required. To make a reservation, call 687-7132.

### **Soccer starts**



Photo by Staff Sgt. Rob Hazelett

Preston Howerton, 509th Medical Group, cuts back as he prepares to pass between Michael Tucker and Joshua Stearns, 509th Civil Engineer Squadron, during Monday's intramural soccer opener at Skelton Park. The soccer season, which includes playoffs, will run through May 15.

# **Setting the pace**



Photo by Staff Sgt. Rob Hazelett

Kevin Lee, 509th Aircraft Maintenance Squadron, conducts a workout on a treadmill at the base fitness center Wednesday. Air Force members are encouraged to take their performances to another level as the "Fit to Fight" program continues to evolve. The fitness center is open daily from 4:30 a.m. - 10 p.m., and from 8 a.m. - 9 p.m. during weekends and holidays. For more information, call 687-5496.

# Cold War Icons

### By Capt. Tony Wickman

71st Flying Training Wing Public Affairs

### **ACROSS**

- 1. \_\_ Vegas
- 4. Immediately 8. Summer of
- 11. Soccer star
- 12. Cold War Soviet Premier
- Brezhnev (1964-82)
- 14. Accountant, in short
- 15. Roaster
- 16. Worked hard for
- 17. Vase
- 18. Cold War conflict national-
- ist/communist forces and pro-Western 20. Cold War leader Joseph
- (1922-1953); created Warsaw Pact

PHANTOM NEBULAS

**April 14 answers** 

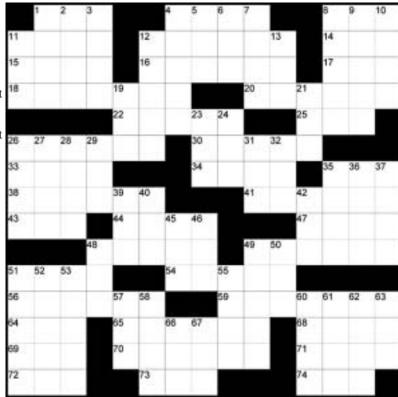
- 22. X-Men director Singer
- 25. Sick
- 26. Cold War leader Harry; developed USSR containment doctrine
- 30. Film critic Ebert
- 33. Cold War icon Powers; American U-2 pilot shot down over
- **USSR**
- 34. Streetcar 35. Commonly
- 38. Crazy
- 41. US ship seized in 1968 by North Korea
- 43. Federal org. concerned with 5. Rocky peak
- medicine 44. Town home to Vance AFB
- 47. Dutch colonist in South Africa
- 48. 1951 act passed to enable military to create "foreign legion" against USSR
- 49. Spongy citrus fruit rind
- 51. Ecologist Leopold
- 54. Crush
- 56. Blockaded city that was one of the major Cold War crises
- 59. Russian satellite; launched Cold War "Space Race"
- 64. \_\_ of Pigs; 1961 US-backed invasion of Cuba
- 65. Rattle off
- 68. Arms \_\_\_\_; Cold War build up between US and Soviets
- 69. Mock
- 70. Cold War proxy conflict 35. Woodwind instrument

between US and Communist powers

- 71. Ajar
- 72. Čold War ID for a Soviet republic
- 73. Head
- 74. Mogul Turner

### **DOWN**

- 1. Jean maker
- 2. Out of the wind
- 3. Mailed 4. Sordid
- 6. Crime writer Rule
- 7. Knots up
- 8. Long oar
- 9. Taxing month 10. Director Michael
- 11. Mil. member's car
- 12. Gain knowledge 13. Banned pesticide
- 19. Shaq's org.
- 21. Demeanor
- 23. deco
- 24. Neither's partner
- 26. End of the week phrase, in short
- 27. Map maker
- 28. Major or Minor
- 29. 2001 Lady Marmalade singer
- 31. Bomber \_\_\_\_; Cold War issue regarding Soviet aircraft buildups 32. Flightless bird



- 36. Absconded
- 37. Actor Benecio del 39. Keanu's The Matrix character
- 40. Terminate 42. Dwindle
- 45. Grocery store chain
- 46. Young woman
- 48. Computer chuckle, in short
- 49. Resort town 50. Romanian currency
- 51. Palestinian Authority president Mahmoud

- 52. Jumps
- 53. Clothing appliance
- 55. Movie canine
- 57. Annoy
- 58. A noble gas
- 60. Canter
- 61. Scruff of the neck
- 62. Chilled
- 63. Barbie's pal
- 66. -Magnon 67. CENTCOM danger



509th Services Squadron......687-7929 \*No federal endorsement of mentioned sponsors intended.

Visit www.whitemanservices.com for details of all upcoming events, photographs, facility information and the Services Connection magazine.

### Sports & Recreation

### Fitness Center 687-5493



### 4-0N-4 **WALLYBALL TOURNAMENT**

11 a.m. - 12:30 p.m. May 16-18
Fitness center
Sign up by May 12 by calling 687-5493
or stop by the front counter.

### Outdoor Recreation and Information, Tickets and Travel 687-5565

### **Crappie tournament, Saturday**

Last minute entries will be accepted for Saturday's Crappie tournament organized by outdoor recreation. The tournament takes place 7:15 a.m.-3:15 p.m. at Long Shoals Marina, Mo. The cost is \$30 per boat (either oneor two-person teams). Prizes will depend on the number of entries but will be percentages of the fund. Call outdoor recreation for full rules and details.

#### **Fantastic caverns**

Celebrate spring in Missouri by getting out and visiting Fantastic Caverns, in Springfield, Mo. with outdoor recreation. The trip takes place 8:30 a.m.-6:30 p.m. April 29 and costs \$23 for adults or \$15 per child 14 years or younger. Fantastic Caverns is the only cave in Missouri you can be pulled through by Jeep-pulled tram. Bring sturdy shoes for the short hike to the spring after the tour and plan to buy lunch in Springfield or bring your own food along. Sign up by Monday.

### Royal Oaks 687-5573

### Breakfast is back!

Set yourself up for a day on the course or just at work with the Royal Oaks breakfast. Breakfast burritos, Egg MacDuffins, or The Works - bacon, eggs, toast and hash browns are served 7-10 a.m. daily.

### Free golf!

Purchase any adult entree at the Royal Oaks Steak House before April 30 and receive a free round of golf. The steak house is open 5-8 p.m. every Friday and Saturday. No reservation required.

### Stars and Strikes 687-5114

### Saturday night color pin

Color pin starts 7 p.m. every Saturday at the Stars and Strikes. \$15 to enter, jackpots and \$1-\$5 prizes, game prizes (9-pin no tap). Just come along and play for a great night of bowling.

### Mission's End 687-4422

### **Country night**

Grab your dancing boots for a free night of country music, line dancing and requests at Mission's End. The music lasts from 8 p.m.-midnight Saturday.

### Karaoke

Free karaoke 9 p.m.-1 a.m. April 28 in the Lavene Lounge at Mission's End.



### Community Activities

### Arts and Crafts Center 687-5691

20 PERCENT off all scrapbooking supplies: albums, i paper, stamps and much more. Throughout April at arts and crafts.

### Beginner jewelry class

Start a new hobby with a beginner jewelry class at arts and crafts, 7-9 p.m. Thursday. \$15 plus supplies, sign up by noon Wednesday.

### Car wash special

Spring clean your car with a \$6 car wash at the auto hobby shop for just \$5 until the end of April.

### Scrapbook competition

Turn in a 12"x12" scrapbook page in a page protector Monday through May 12 to arts and crafts for your chance to win a \$20, \$15 or \$10 gift certificate, good for use for more scrapbooking materials or anything else in the arts and crafts retail shop. The pages will be voted on by visitors to the facility and winners notified by May 25.

# Community Center 687-5617

### Shoot a strutting tom!

Make a date to start your Saturday early and witness one of the first rituals of spring, the early morning courtship strut of the tom turkey. The show starts at 5:30 a.m. in the community center parking lot. Don't forget your camera! Free to attend, sign up by the end of today. longer deployment are entitled to 16 hours of free child care for each child 12 years old and younger. This care is to be used within the first month after your return. An application and a copy of orders must be submitted to the family child care office prior to participation. Call for

### **Child Development Center** 687-5588

### **Developmental enrichment program**

The child development center has openings for 3-to 5year-olds in the Tuesday and Thursday morning developmental enrichment sessions. Children must have turned 3 by Aug. 30, 2005 to be eligible.

### **Library** 687-5614

### Story time

Story time for pre-schoolers takes place every Wednesday at 10 a.m. when 3-to 5-year-olds can listen to a story or take part in a craft activity at the library. There is also the library's dial-a-story program with a new story every week. Available 24 hours-a-day by calling 687-

### Earth Day 2006

Celebrate Earth Day 2006, 11 a.m.-noon, Saturday in the library's periodical room. Do you have a favorite environmental reading, poem or story - about nature, conservation, preservation, environmental problems or other environmental themes? If so, please bring it along to share with the other participants. Neil Bass, 509th Civil Engineer Squadron, will serve as the program's facilitator as well as bring other reading material for the program participants to discuss.

# Youth & Teen Flea Market

April 29, 1-4 p.m FREE at the Community Center

### Roller-rama

Change up your work out by adding a fun skating session on the new walking track. The group will meet 4-5 p.m. every Tuesday starting May 2. Free to join, just bring your skates and a skate or bike helmet.

### **Teen Center** 687-5819

### Laser tag trip

The teen center is running a laser tag trip to Kansas City for ages 9-12 years old. The trip takes place 10 a.m.-5 p.m. April 29 and costs \$15 plus money for dinner. Sign up at the teen center.

### Youth Employment Skills program

The Youth Employment Skills program is offered each summer to teens as an opportunity to gain work place skills and experience. All worksite managers who are interested in offering a position to a Whiteman teen should come along to a meeting, 1-2 p.m. May 4 at the teen center, to confirm their participation and discuss work descriptions.

### **Youth Center** 687-5586

### Youth sponsors

Just arrived at Whiteman or getting ready to move on? The youth council is ready to help! check out the website for teens - www.geocities.com/wafbteens or for preteens (ages 9-12) www.geocities.com/wafbpreteens or get in contact by calling the youth or teen centers. From the latest events to the cool places to hang out, the council can sort you out with all the tips.

### Family Child Care 687-1180

### **Returning Home Care**

Military members returning home from a 30-day or

Youth & Teens--time for spring cleaning! Adults must accompany youth aged 16 or under.

\$ell or trade...

Clothe\$ \* Toy\$ \* Book\$ \* Game\$ CD\$ \* Movie\$

Clean out your closet and take home some ca\$h. A table i\$ provided for each trader.

### **Veterinary Clinic** 687-2667

Ultraviolet

### **Doggie diets**

Canine weight problems go hand-in-hand with inactive lifestyles. Animals carrying a heavy load have an increased likelihood of tearing ligaments and wearing down joints. When their joints become damaged and painful, animals don't want to exercise, which then adds to their weight problems. This is especially a problem with older dogs

If you think your dog may be overweight or you have pet nutrition questions, check with the Veterinary Clinic, for advice on a proper diet and exercise program.

The 509th Services Squadron relies on you, our customers, to let us know what we're doing well and perhaps not so well. Please help us to exceed your expectations by providing us customer feedback via ICE https://ice.disa.mil or simply fill out a comment card at the facility you visit. We want to hear from you!

### **Movie Schedule** 7 p.m. Friday

Starring-Milla Jovoich and William Fichtner

3 p.m. Saturday

Aquamarine PG-13 Starring-Emma Roberts and Sara Paxton

7 p.m. Saturday

The Shaggy Dog Starring-Tim Allen and Kristin Davis

Adults: \$3.50 Children: \$1.75 Movie Recording Line: 687-5110 Movies subject to change due to availability.